



## LESSON 1

# LABELING EMOTIONS

**GOAL:** Students will be able to identify and describe their emotions and the emotions of characters in a text.

**TIME:** 40 minutes

**MATERIALS:** Mood Meter ([scholastic.com/moodmeter](http://scholastic.com/moodmeter)) or chart paper and markers, Activity Sheet 1, read-aloud books

## LESSON STEPS:

1. Tell students that they will be learning about a tool they can use to help them think about different feelings. It's called the Mood Meter. It helps us better understand our feelings.
2. Introduce the Mood Meter chart—a research tool from the Yale Center for Emotional Intelligence. Point out that there are four areas of the Mood Meter. Each is represented with a different color.
 

<b>RED:</b> Angry, nervous	<b>YELLOW:</b> Happy, excited
<b>BLUE:</b> Sad, lonely	<b>GREEN:</b> Calm, relaxed
3. **Kindergarten teachers, skip to step 4. For grades 1-2 teachers:** Divide students into groups and assign each group one area of the Mood Meter. Ask students to think of synonyms or other feeling words that go in their area of the Mood Meter. Add each group's words to the classroom Mood Meter poster.
4. Distribute Activity Sheet 1. Ask each student to choose an emotion from the Mood Meter. (You can limit this choice to one area or allow students to choose any emotion word.) Invite students to close their eyes and think about a time they felt that emotion. What was the situation? What did they say and do? **Modification:** Assign one emotion for all students to use.
5. Have students draw and write about their experience, including details about their facial expressions, body movements, and speech.
6. Invite students to share their stories if they wish. Thank students for sharing. Remind them that all feelings are okay and natural. Reiterate that it's important to notice and understand our emotions so that we can share how we're feeling and get support when needed.
7. Once students are familiar with the Mood Meter, the class can use this tool throughout the day.

**Modification:** Ask students who speak another language at home to think of emotion words in that language. Where do those emotions belong on the Mood Meter?



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## READ-ALoud ROUTINE

**TIP:** Keep engaging your students in SEL by embedding this routine into daily read-alouds.

1. Choose a picture book that will engage your students. Any grade-appropriate book will work. You can select one of the books below to focus on a specific emotion.
  - **ANGRY:** *When Sophie Gets Angry—Really, Really Angry...* by Molly Bang, *Sometimes I'm Bombaloo* by Rachel Vail
  - **HAPPY:** *Yo! Yes?* by Chris Raschka, *The Hello, Goodbye Window* by Norton Juster
  - **SAD:** *My Friend Is Sad* by Mo Willems, *Bye Bye Little Bird* by Julia Hubery
2. During and after reading, discuss the following questions:
  - How does the character feel in this situation? Where is he or she on the Mood Meter?
  - How do you know that the character is feeling that way?
  - Do other characters understand how the character is feeling?
  - How do you think you would feel in that situation?

**Note:** Students may bring up serious issues when sharing their stories. As needed, talk to your school's guidance counselor about connecting students to additional support.

# MOOD METER



**RED: angry, nervous**



**YELLOW: happy, excited**



**BLUE: sad, lonely**



**GREEN: calm, relaxed**

MY NAME



ACTIVITY  
SHEET 1

# ...How Did I Feel?

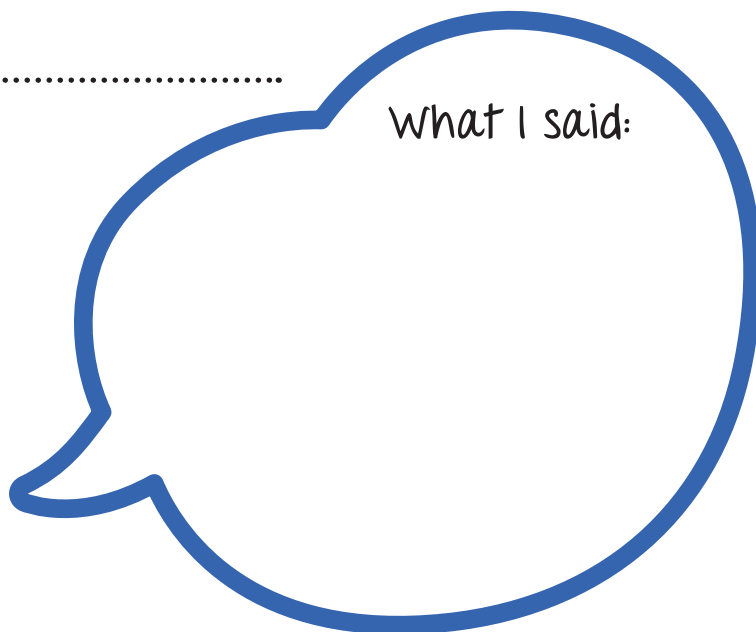
1. Choose one emotion on the Mood Meter.
2. Think about a time when you felt this way.
3. Draw and write about your experience.

The emotion: .....

what my  
face looked like:



what I said:



what made me feel this way:

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How my body felt:

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